Wainwright chosen **NSA Mid-South's Senior COQ**

Patrick D. Wainwright, architec ture technician in the Public Works Department's (PWD's) Facilities Planning Office (FPO), has been chosen as the senior NSA Mid-South Civilian of the Quarter, GS-7 and above, for the first quarter 2005 based on consistently performing his demanding duties in an exem-

plary manner.
Since mid-January, Wainwright has performed not only his job but also that of the general engineer (planner) (GEP), a higher graded position and the only other staff member of the FPO, who has been on extended sick leave due to a serious medical condition of a family member. During this timeframe, some of the duties performed by Wainwright include

- · Prepared documentation to demolish 220,000 square feet of
- excess building space;
 Prepared correspondence for site approvals for a Navy Lake bathhouse and MWR golf course
- Served as the GEP's repres tative in dealings with the City of Millington, Millington Industrial Development Board, and Millington
- Municipal Airport Authority;

 Developed the command's submission for the Chief of Naval Operations' Installation Excellence
- Authored four nomination ackages for Federal Executive Association's Employee of the Year
- Assigned responsibility for NSA Mid-South's assumption of the Naval Reserve Centers in Memphis and Nashville. Tenn., and Louisville and Lexington, Ky. This involved assembling contracts, support agreements and special projects required to make informed decisions on funding and Operations, Mainte-nance and Repair priorities, interfac-ing with Commander, Navy Installa-tions; Commander, Navy Region

NSA Mid-South



David Wainwright

a full-time basis, maintaining a 3.4

grade point average towards a Bachelor of Science in Industrial Technology degree through Southerr

Illinois University.

Southeast (CNRSE): Naval Facili ties Engineering Command (NAVFACENGCOM); and NAVFACENGCOM Southern

- Reviewed and made more than 400 corrections to the Internet
 Facility Asset Data Store Property Record verifications to ensure that Sustainment Readiness Module funding is based on correct plant account and facility data;
- Maintained the Activity Based Costing Module for the FPO and prepared project documents that were recognized by CNRSE for accuracy and technical content
- · Served as the primary point of contact for all facilities plan questions during the Base Realign ment and Closure 2005 data calls;
 - Continued attending college on

Newsbriefs

Navy-Marine Corps Relief Society

The Navy-Marine Corps Relief Society is a valuable resource to Sailors, Marines and their families. For more information or assistance in any way, please call 874-7350 to schedule an appointment. Walk-ins are discouraged. The hours of operation are Tuesday, Wednesday and Thursday from 9 a.m. to 1 p.m. The Thrift Shop, located at building S-239, is open Tuesday and Thursday from 11 a.m.-1 p.m.; Wednesday and Friday from 9 a.m.-1 p.m., and the first Saturday of each month from 9

Summer camp for children of deployed

A free summer camp is being offered for family members of deployed military (all branches) by the National Military Family Association. They hope to sponsor 2,000 children across America. For more information, please consult their Web site: http://www.nmfa.org/site/PageServer?pagename=operation_purple_2005.

NEX Pharmacy

NEX Pharmacy

As of yesterday, June 1, the NEX Pharmacy at NSA Mid-South will close daily from noon-1 p.m. This change is necessary in order to maintain the highest standards of patient safety at all times, while also considering critical staffing issues. TRICARE Network Pharmacies are available for all after-hours or weekend needs. The NEX Pharmacy hours will be as follows: Monday through Friday, 8 a.m.-4 p.m. (closed noon-1 p.m.); first Thursday of each month, 8 a.m.-noon; Saturday, Sunday and all federal holidays, closed. All prescriptions must be turned in 30 minutes prior to close of business to ensure same-day processing.

PSD closure

PSD will be closed June 10 for their command PRT and Command Picnic.

Vacation Bible School

The NSA Mid-South Chapel Center is conducting vacation bible school June 20-24, 6-9 p.m. for children 5-12 years of age. The theme is "Solar Express, Empowered by the Son." For more information call the Center



NMCRS Mid-South sees recordbreaking fund drive

Story and Photos by Warren Roseborough

Capt. Helen F. Dunn (left) Commanding Officer, NSA Mid-South presents Adm. (retired) Steve Abbot, president of the Navy-Marine Corps Relief Society (NMCRS), with the proceeds of the annual active-duty fund drive check. With the NMCRS Thrift Shop as a backdrop, NMCRS received \$68,560.46 for use in assisting Sailors and Marines. Dunn stated she was pleased to see to an in what in service members are helping their own. Allotments and cash donations were received from the Navy Personnel Command, Navy Recruiting Command, Navy Manpower Analysis Center, Marine Corps Kilo Company 3/23, Navy Office of Com

Outreach, Navy ROTC Unit Mid-South Region, Military Entrance Processing Station Memphis, Navy Legal Services Office, Branch Health Clinic, Personnel Services Detachment, and NSA Mid-South. Several commands also had fund-raising efforts including car washes, pizza sales, chili cook-offs and breakfast sales.

Dunn also expressed how pleased she was to have been part of this fund drive that represented a 30-percent increase over last years' drive. Abbot was thrilled with the results also, and noted how the funds are used locally to help Mid-South personnel and their families in need. He thanked all South personnel and their families in freed. The fractions of the fund drive volunteers for their hard work, most notably the

Come to buy and sell at this open-air marketplace event. Tables available for rent under the big top tent Food concessions, kids events, and stage performances

Saturday, June 11 10 a.m. - 5 p.m.

NSA Mid-South Conference Center Parking Lot (Pat Thompson bldg. N-767)

Reserve your space today! Active Duty and Retired Military \$10.00 per table DOD Civilian \$15.00 per table. Civilian \$20.00 per table. (Two table limit per vendor)

Call (901) 874-5198 for more information. .ook for Arts & Crafts Festival in November!

Jump in for a splashing good time



The All Hands Pool opened for the summer this past Friday, May 27, and will operate until Septem ber. Join one of the aquatic activities planned, including recreational swim, water aerobics, lap swim, water polo and special events such as Splash-N-Dash. Private parties can also be arranged. The outdoor Olympic size pool has a diving well, two one-meter diving boards and separate covered children's pool, and can accommodate more than 200 swimmers and sunbathers. For more information, contact the manager at 874-5169

Commentary

Speaking for the fleet

Holding on to a legacy

FLTCM(SS/SW) Rick West eet Master Chief Petty Officer U.S. Pacific Fleet

I want to take a different approach to this column. I'd like you to hear from some other people besides me in this column. It's a group of people slowly vanishing from this world — they are called America's "greatest generation."

Our "greatest generation" is one of the outstanding groups we were honoring during the recent Memorial Day weekend. They wear the VFW or American Legion hats, they'd rather have a conversation than surf the Internet, and they stand up when the American flag goes by — regard-less of their political views. They were us so many years ago. Service members who were just doing their Service duty preserving our liberties and freedoms throughout the world.

When we listen, they have a lot to tell, stories of sacrifice, heroics and camaraderie. And we need to listen; we need to learn and we need to preserve what these warriors have laid as the bedrock for our military. Memorial Day is more than parades. It's our chance to learn from and listen to this greatest generation. They've lived the sacrifices the current generation is facing. And while a lot of them may not have grown up with e-mail, cell phones, or the Internet, we'd be fools to think there's nothing can't teach us

So I'm going to let them talk to you. I want you to hear, see and feel what they have done. They weren't looking to be heroes or make heroic sacrifices. They were just doing what needed to be done. So understand what they did, learn from the courage they displayed, and know what it means to step up in an impossible situation. Then you'll understand why these folks are more than an annual parade and 30-second news clip on CNN or the local TV.

"Suddenly the ship was gone, and it was very quiet. It had only been 12 minutes since the torpedoes hit. We started to gather together. Being in the water wasn't an unpleasant experience except that the black fuel oil got in your nose and eyes. We all looked the same — black oil all over, white eves and red mouths. You couldn't tell the doctor from the boot

This is from retired Medical Corps Capt. Lewis L. Haynes. He was the senior medical officer on board USS Indianapolis (CA-35). Shortly after midnight on July 30, 1945, the ship was torpedoed by a Japanese submarine and quickly sank. Haynes and 315 other men were the only ones rescued out of the crew of 1,199.

'Soon everyone had swallowed fuel oil and gotten sick. Then everyone began vomiting.

"At that time I could have hidden

but somebody yelled, "Is the doctor there?" And I made myself known. From that point on — and that's probably why I'm here today —I was kept so busy I had to keep going. But with-out any equipment, from that point on I became a coroner.

Pharmacist's Mate second Class Lee Soucy, a crewman aboard USS Utah (AG-16) woke up Sunday morning Utah (AG-16) woke up Sunday morning and saw a bunch of planes swarming overhead. At first, he thought it was the Marines, since "they were the only ones crazy enough to be training on a Sunday morning." He quickly found out different. He was smack-dab in the attack on Pearl Harbor.

"A number of the ship's tremors are vaquely imprinted in my mind, but I re-

vaguely imprinted in my mind, but I remember one jolt quite vividly. As I was running down the passageway toward my battle station, another torpedo or bomb hit and shook the ship severely,

"I was knocked off balance and through the log room door. I got up a little dazed and immediately darted down the ladder below the armored deck

I forgot my first aid kit.
"By then the ship was already listing. There were a few men down below who looked dumbfounded and wondered out loud, "What's going on?" I felt around my shoulder in great alarm. No first aid kit! Being out of uniform is one thing, but being at a battle station without proper equipment is more than embarrassing. After a minute or two below the armored deck, we heard another bugle call. Then the boatswain's whistle followed by the boatswain's chant, "Aban-... abandon ship.

The *Utah* still lays at rest today on the opposite side of Ford Island here at Pearl Harbor. Time, weather and the sea has caused more damage, but it still serves as a reminder - and teacher - to us all of what the greatest genera-tion endured.

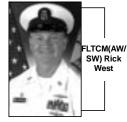
As I mentioned earlier, the general tion of the 1940s, and 50s were not very different than ours today. Many were just starting in life, looking to find their place in the world. Some joined up because of the Depression and any job was salvation. Others joined because they had just finished school and were looking to start out in life. Just like Lt. Dorothy Still Danner, a nurse who was captured by the Japanese in Manila and imprisoned at Santo Thomas and Los Banos in the Philippines.

"After graduating from nursing school,

I worked in two hospitals before joining the Navy in 1937. At that time there w only 400 nurses in the Navy. I really didn't expect to be hired, so I was really surprised when I got my orders to go to the San Diego Naval Hospital for a physical. The next thing I knew, I was in the

"On Jan. 2, 1942, the Japanese came into Manila but didn't come to Santa Scholastica until a few days later. At first the Japanese were not hostile and mostly left us alone. But then they started taking quinine from us. They also began to slap around and beat up

"I was sent to Santo Tomas on March 8, 1942. However, the medical facilities there were still lacking. There was a little hospital set up in what had been a me-chanical engineering building. Living con-ditions for the others also worsened ... by this time, the Americans had invaded the Philippines, so as life got worse for the Japanese, they made life worse for us. We were only getting two meals a day, skimpy meals at that. We mainly had rice, diluted to a pasty lugao. There



as practically no meat in the stew; it was very watery.'

Many historians will tell you that two battles that did the most for turn-ing the tide of the war was the Normandy invasion and the Battle of Midway.

Both were very costly to that

great American generation.
"I was overwhelmed with work.
Wounded were everywhere. Some men had one foot or leg off, others had both off; some were dying - some dead," said Lt. Joseph P. Pollard, a medical officer on board USS Yorktown (CV-5). "Everywhere there was need for morphine, tourniquets. blankets and first aid. Battle Dressing Station No. 1 rapidly overflowed into the passageway, into the para-chute loft and into all other available

"I called for stretcher bearers to get the more seriously wounded to the sick bay where they could receive plasma, etc., but the passage ways had been blocked off due to the bomb hits. So we gave more morphine, covered the patients with blankets, and did the best we could.'

Yorktown was lost shortly after the Battle of Midway. Successive strikes by dive bombers and torpedo planes seriously damaged the ship, forcing the crew to abandon it June 4. Two days later, while salvage efforts were underway, both the damaged carrier and the destroyer Hammann (DD-412) were torpedoed

Chaplain's corner

Former Marine making America remember

Tim Lee, sitting in his wheelno legs. He looks distinguished, authoritative. He is a man sent with a message for our times.

He speaks with thunder in his voice. His story is powerfully graphic, revealing, and rings with reality about a country and a national heritac

His name is Tim Lee. He is a former Marine Corps Sergeant and Purple Heart recipient from the Vietnam conflict. A violent land mine explosion in 1971 placed him in a wheelchair, but also made him one of the most listened

to people in America.

He is recognized across the nation as one of the most exciting evangelists and Christian satesmen of our generation. He shares a personal tes-timony that has impacted the lives of U. S. senators and congressmen, Governors, and state and local offi cials. He has won the acclaim of thousands of American citizens, and the respect of the strongest and noblest men and women who have heard his unique delivery.



Sargent Tin

His remarks and conclusions or ne topics he addresses are cor versial and explosive, but they present strong biblical truth and pa triotic ideals in a way that captiva

his audiences.

An encounter with Lee will long be remembered. He is a man with

answers for this generation, and one who speaks from the heart.

The public is invited to hear Lee in person at Crosspointe Baptist Church on June 26, at 8:30 and 10:00 a m and 6:00 a m

Each year, as we commemorate Memorial Day, the crowds get a little younger. We are losing this greatest generation to time. And once they are gone, many of us will look back and regret not learning more from them and about them. It's true that Memorial Day is to honor our fallen heroes as well as everyone who serves or served. But it is also to remind us active service members of what we can learn from those before that went

before us, acknowledge their sacrifices, and in doing so learn about ourselves too.

That greatest generation is hand-ing us the baton now. The question is: did we learn enough from them to be able to take up where they have so selflessly and so nobly left off? I encourage you at every opportunity embrace and learn from those that have gone before us in harms way. Warriors teaching warriors!

VACATION BIBLE SCHOOL NSA CHAPEL CENTER **JUNE 20 - 24, 2005**

6:00 - 9:00 p.m. Ages 5 - 12 years old



Registration forms available at the Chapel Center. All registered children must have a Medical Power Of Attorney, also available at the chapel. For more information call the Chapel Center at 874-5341.

Teenage helpers are needed as volunteers and welcome, but must also be registered.

Quote noted

Consistency
Consistency requires you to be as ignorant today as

If we're gonna have car phones I think we should have car answering machines: "Tom's at home right now. But as soon as he goes out, he'll get back to you."—Tom Parks

I'll give you an idea of what kind of guy he was. St. Francis would have punched him in the mouth.—Gene Pe

When I do good, I feel good; when I do bad, I feel bad. That's my

Bluejacket

Commanding Officer	Capt. Helen F. Dunn
Executive Officer	Cmdr. Russell M. Chang
Public Affairs Officer	David W. Crenshaw
Editor	Julia A. Wallis
Public Affairs Specialist	Michael J. Elter
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Elvis (a.k.a. Wilbert Young, Jr.) autographs a photo of himself and a visitor at the 35th anniversary of Navy Lodge. Donations to the Navy-Marine Corps Relief Society were accepted for each souvenir photo.



Information on Navy Lodge and MWR facilities was available to guests at the 35-year celebration.



Tonya's backup singers/dancers are (from left) Regina Lawson, Becky Pohlman, Judy Fiene, and Elvis.



Tonya Doggett takes her turn at

Navy Lodge offers temporary lodging for 35 years...and counting

Story and photos by Wayne Smith

Navy Lodge celebrated its 35th anniversary last Thursday, May 26, with an afternoon of food and fun and an opportunity for guests to gather information on the services and rooms available for qualified guests
A chance to show off guests' musical taler

ided via a karaoke setup.
There are presently 44 Navy Lodge and Navy Inn locations worldwide. According to Susan Jicha, manager of Navy Lodge Mid-South, Navy Lodges are, on the average, 40 percent less expensive than a comparable suite in the civilian sector.

Rooms are air-conditioned with satellite TV with HBO, DVD or VCR players, phone service and a kitchenette with microwave, refrigerator and utensils, so you can prepare your own meals

Laundry facilities are also available as are handi-apped-accesible rooms.

To make reservations, call 1-800-NAVY-INN, or log on

to www.navy.lodge.com

Sailors urged to complete survey

By Sharon Anderson, Chief of Naval Personnel Public Affairs

Time is getting short for the 16,000 Sailors asked to help shape the Navy by participating in the 2005 Navywide Personnel Survey (NPS). The survey

is expected to close by June 10.

These randomly selected officers and enlisted were sent letters of invitation to participate in the survey. The online survey should take about 30 minutes to complete.

"There is still time for Sailors to provide us with their valuable inputs that can help shape policy and influ-ence decisions on key areas of readiness, quality of service and quality of life," said Vice Adm. Gerry Hoewing,

Chief of Naval Personnel. "These are issues that directly affect the way we work and live in this Navy.'

Anyone who was asked to take the survey but can no longer access the survey may contact Dr. Kimberly Whittam at 874-2321 or at kimberly.whittam@navy.mil, for help in accessing the online survey.

"We value and need Sailors' re-

sponses in this crucial survey; we hope that you will consider providing us your views," said Dr. Steve Watson, survey oversight director for the Stra-tegic Planning and Analysis Director-ate of Chief of Naval Personnel. "Sailors can only be heard if they take part

The NPS has been administered

since 1990, and assesses issues related to the quality of work life balance, career development, satisfaction with Navy life and career decisions. Results from past surveys have had major impact on Navy readiness and Sailors' lives.

Initiatives spurred by past surveys include a renewed focus on funding for parts and supplies, career sea pay expanded to officers with less than three years of sea duty and to junior enlisted, improvement in the detailing process and design changes on ship-board berthing compartments.

For related news, visit the Chief of Naval Personnel Navy NewsStand page at www.news.navy.mil/local/cnp

Happenings

June 10

Personnel Support Detachment closed for PRT and command picnic

American Society of Military Comptrollers Meeting: 11:30 a.m. - 1 p.m., Helmsman Complex

June 17 Open-Air Marketplace and Family Fun Day: 10 a.m. - 5 p.m., Mid-South Conference Center

Military Night with Redbirds: 7 p.m., AutoZone Park, Memphis

June 24

NSA Mid-South change of command: 10 a.m., N-82 gymnasium

July 2 Flag City Celebration: 5 p.m., Navy Lake

es Fast Pitch Softball: Harlem Diamonds, Northside fields



Life is a balancing act...

If you can answer YES to any of the following questions, the NSA Mid-South Child Development Home program might be for YOU!

I would like to bring in extra income for my family, but be able to stay at home with my child(ren).

I live on base.

I live within a 50 mile radius of the base

We are looking for potential providers who will care for children under the age of two. If you are interested in becoming a CDH Provider, please make plans to attend our next scheduled orientation.





PROVIDER ORIENTATION

June 13-17

CDH Office, Bldg. S-780

9 a.m.-3 p.m.
Please RSVP by June 10 to Dianne Ciaccio at 874-7309 or email at diane.ciaccio@navy.mil

NNOA to host 33rd annual Professional **Development and Training Conference**

Navy Personnel Command

The National Naval Officers Association (NNOA) will hold its 33rd an-nual National Professional Develop-ment and Training Conference August 8-12 at the Hilton New Orleans Riverside, New Orleans.

NNOA is an organization that assists the Navy, Coast Guard and Ma-rine Corps in recruitment, retention and professional development of minority officers. The conference includes educational and developmental sessions designed to enhance the professional knowledge of attendees. "With a mission of building high

quality future naval leaders, they [NNOA] position themselves to directly support our diversity efforts," said Lt. Andre Stridiron, of the Navy Diversity Directorate Office. "NNOA focuses on capitalizing on our Human Strength and Total Force concepts." Conference uniform for Navy per-

sonnel will be summer white, and coat and tie for civilians. Navy uniform for the formal banquet will be dinner dress white jacket (dinner dress white for O-3 and below), and black tie or equivalent for civilians and quests.

For more information on lodging, registration, or history of the organization, visit www.npc.navy.mil/ commandsupport/diversity/ htm. Click on Navy Diversity Calendar confer-ence on the right of the page, and then click on the NNOA link.

For related news, visit the Navy Personnel Command Navy NewsStand page at www.news.navy.mil/local/npc

By Steve Buckley, Navy MWR Marketing, Commander, Navy

Navy Morale, Welfare and Recreation (MWR), in conjunction with its film industry partners, is offering Sailors and their families a sneak peek at some of this summer's most anticipated films. The Navy Motion Picture Service

(NMPS) has partnered with major motion picture studios to offer sneak previews this summer of "The Longest Yard" and "Herbie: Fully Loaded." The screenings will be available at select Navy base theaters throughout the continental United States.

'The Navy's sneak preview program gives our Sailors the opportunity to view selected movies before they are released to the general public," said Ron Rossman, head of MWR's NMPS.

A "sneak preview" is an advance screening of a movie prior to its official commercial release date. According to Rossman, movie studios use sneak previews to

generate word of mouth and create a buzz about an upcoming film. "We have developed a partnership with the film industry that provides special movie program events for Sailors and their families," he said.

Participating movie studios provide Navy MWR with these opportunities at no cost, as a way

to show appreciation to Sailors and their families. "In exchange, we provide a service to the film companies by giving them an advance, real audience reaction," added Rossman. "The demographics of our military theaters are very close to those of commercial cinemas.

MWR theater managers provide e movie studios, via NMPS, with



feedback on audience response to the movie. Movie studios may use the data to refine their marketing

NMPS began its sneak preview program in 2001 and has since offered more than 50 sneak previews to over half a million Sailors and family members. Throughout the years, special screenings have included "Harry Potter," "Terminator 3," "Troy," "Shrek 2" and "The Polar Express" Express.

Since January, five free movie sneak previews, including "Racing Stripes," "The Pacifier" and "Sahara have played to more than 50,000 Sailors and their families.

"Through the sneak preview program, MWR has provided customers with more than \$3 million in entertainment value," explained Rossman. "It also has generated over \$575,000 in concession revenue for MWR base theaters." The revenues are used to support

quality of life programs for Sailors and their families

"The sneak previews are a pat on the back for our Sailors and their families for all the hard work they do." said Chief Electrician's Mate (SW) Michael G. Newquist, who is assigned to the Naval Intermediate Maintenance Facility in Bremerton,

The sneak preview activity augments regular NMPS program-ming, which provides movies to more than 800 locations worldwide on film and tape.

NMPS distributes 150 000 copies of videotapes annually, and maintains an active inventory of 600,000

For related news, visit the Navy Morale, Welfare and Recreation Navy NewsStand page at www.news.navy.mil/local/navymwr/

For military retirees and families, planning can save heartache

From Defense Finance and Accounting Service

Life can find ways to catch us unprepared. Falling in love, unanticipated fortune or finding the perfect secret fishing hole. Sometimes, it's the pleasant surprises that add the spice to make life interesting and worthwhile.

But it's the surprises that bring the anxious moments and unforeseen heartache, especially to those close to us, that are best avoided.

For some, the idea of death is an unpleasant one best avoided. Unfortunately, death itself cannot be so easily avoided and the failure to plan can cause additional stress for spouses and families when they are least able

to cope with it.

"Families can get overwhelmed when tragedy strikes," said Navy Capt. Karl Bernhardt, director of Retired and Annuitant Pay for the Defense Fi-nance and Accounting Service (DFAS). "Many of the retirees we support have wives, husbands and families who are left with unfinished business when the retiree passes away. Unfortunately, many have no idea that action is required to notify DFAS of the death in order to avoid overpayments of retired

ny. In addition to maintaining the pay accounts of active and reserve military members, DFAS administers the Mili tary Retirement Fund and pays ap proximately two million retirees each

"We make every effort to strike a hand, we need to make sure each retiree is paid the right amount on time. On the other, we have a responsibility to safeguard the fund on behalf of the American taxpayers. When a retiree dies, his or her entitlement to retired pay ends and any payments made after that must be recovered.

DFAS is required to recover all overpayments. In many cases, this means simply transferring funds from the retiree's bank account back to DFAS. However, if the funds have been spent or distributed, debt collection efforts can be initiated to reclaim the money. This can be especially difficult for elderly spouses.

When a military retiree dies, a num-ber of federal, state and local agencies have procedures for notifying DFAS. These include the Social Se-curity Administration, Veteran's Administration, military service casualty assistance offices, and state and lo-cal veteran affairs offices. Overpay-ments occur when spouses and fami-



lies fail to contact these agencies, or DFAS itself, and notify them that the deceased was a military retiree.

"It falls to the spouse, children or close friends to take care of many things," Bernhardt said, "including the termination of retired pay. In many cases, the survivors don't know the requirements or procedures. Months later, they are burdened with collection efforts. It's a situation that can be lessened or eliminated with a bit of planning.'

The casualty assistance offices of the Army, Navy, Air Force and Marine Corps encourage retirees to develop a checklist for their spouse and families to help them navigate the difficult transition when the retiree dies. Most military base casualty assistance or retired affairs offices can help in completing this list, or lists can be downloaded from the Internet from service

and veteran organization Web sites.

According to Bernhardt, a few hours spent gathering the information for the

Get more information on developing a survivor's checklist by visiting a

by visiting the following Internet sites:

- Military Officers Association of America (http://www.moaa.org/Publications/SurvivorChecklist.asp)

- Navy Casualty Assistance (Pers-62) (http://www.npc.navy.mil/CommandSupport/CasualtyAssistance/)

Navy Retired Activities Branch (http://www.npc.navy.mil/CommandSupport/RetiredActivities/)
 Air Force Retiree Services Branch (http://www.afpc.randolph.af.mil/

Army Retiree Services Office (http://www.armyg1.army.mil/rso/mission.asp)
 Marine Corps Community Services (http://www.usmc-mccs.org/retiree/

Retired and annuitant pay information is available from DFAS at

www.dod.mil/dfas/money/retired/. Retiree pay account service is available by calling (800) 321-1080. The customer contact center is open Monday through Friday from 6 a.m. to 6:30 p.m.

retired affairs or casualty assistance office at most military inst

list will save months of aggravation and grief later on.

The checklist can be kept with a retiree's will and other legal docu-ments. When the time comes and those documents are needed, the checklist is ready to guide the survivors through the legal and governmental processes. I would recommend putting the notification of DFAS near the top of the list."

DFAS Retired and Annuitant Pay

Services maintains a customer contact center staffed with experts in all aspects of retired pay. The center can be contacted at (800) 321-1080. Callers who select the menu option for death notifications receive a higher priority and are routed to staff mem-bers who can assist them in terminat-ing retired pay and initiating the process for survivor's benefits.

A survivor's checklist can help eliminate the unwelcome surprises in life, allowing more time to enjoy the benefits the military retirement. As Benjamin Franklin observed, "An ounce of prevention is worth a pound of cure."

About DFAS

The Defense Finance and Accounting Service is the world's largest fi-nance and accounting operation. It provides responsive, professional finance and accounting services to the men and women who defend America. In Fiscal Year 2004, DFAS made 104 million pay transactions to about 5.9 million people, processed more than 12.6 million invoices from defense contractors, disbursed more than \$455 billion and managed more than \$234 billion in military trust funds. For more about DFAS visit http://www.dfas.mil.



at the AutoZone Park

We'd love to have you join us for amazing night of Baseball excitemer ome cheer on the Memphis Redbirds hey take on the Albuquerque Isotope

Game tickets \$6.25 each Deadline to purchase June 1

Need a ride? No problem!

Round trip transportation is available "free of charge" from Nay Mic-South. To ride with us, you must sign up at ITT.

Seating is limited to first 44 to sign up. Bus will depart north-side parking lot at 5:30 p.m.

For more information or tickets stop by Information, Tickets and el Office, in the Helmsman Complex or call (901) 874-5652/5455,1-800-779-4252

Time for Yourself: Continuing Education

By Jennifer L. Hochlan for LIFELines.navy.mil/ LIFELines.usmc.mil

Carving out a little time each day just for you benefits you emotion-ally, mentally, and physically, and because of that, it benefits your spouse and family. You can increase the benefits by combining your "me" time and continuing your education. Does the thought of going back to school scare you a bit? That's only natural, but consider that the results may be a raise at work, a rise in your self-esteem, mastering a loved hobby - or all of the above

Continuing education needn't be a Bachelor's or Master's Degree. It can be nursing or dental assistant school or a night class in cooking or salsa dancing. Contact your Fleet and Family Support Center (FFSC)

or Marine Corps Community Services (MCCS) to see what classes are being offered.

Improving on who you already are is a wonderful, eye-opening experience. If you've always wanted to learn to quilt, look for a community class and sign up. If childcare is a concern, make a deal with a friend or neighbor to trade off kids one night a week so he or she can take a class, too. Don't make excuses in taking care of your number-one

priority: you.

One great thing you can do for your career is talk to your boss about any classes that might help you move up to the next level. Your company might have tuition reimbursement (sometimes based on your final grade), or even offer free training or preparatory classes for licenses, certifications, etc. These sometimes under-advertised perks of your job can help you feel better

about where you are professionally, and increase your eligibility for promotions.

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Taking a class may not sound relaxing, but it can be. It's a time when your needs matter, and you can express your thoughts without the hassle of the phone ringing, the kids fighting, or a spouse wondering where dinner is. In the classroom, you can make new friends, ponder different opinions, and bask in the glory of freedom.

It all sounds too good to be true,

but it isn't. There will be at least one other person in the class doing the same thing you are. Taking time for you is essential in building a strong marriage and family life. It is also one of the most important things you can do for yourself. You are in control! Relish life's smallest fattening than ice cream



Carpenter retires

AT1(AW) Dean Lance Carpenter (left) receives a Navy-Marine Corps Achievement Medal from his brother, Lt. Cmdr. Scott Carpenter (right), commanding officer, Mobile Mine Assembly Unit 10, Okinawa, Japan, during his recent retirement ceremonies held in the Memphis Room at the Helmsman Complex. Carpenter retired after 20 years of naval service, most recently at the Security Division, NSA Mid-South. His wife, La Vonda, stood beside him during the presentation.